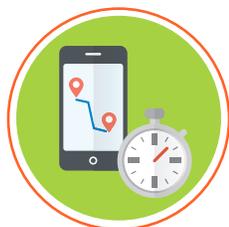


Track Your Progress: Watch Yourself Succeed With a Few Easy Steps



The best way to stick with your goals and keep building on them is to measure them! Research shows that people who keep track of their food, activity, and weight reach their goals more often than people who don't.

There are lots of free tracking apps for your phone or tablet. Good old-fashioned pen and paper work too. Some people swear by taking photos of everything they eat and drink to keep them accountable.

Here's an example log:

Activity		Weight	
Date: Monday, January 28		Starting weight	240
Walking	10 minutes	Week 1*	239
Stationary bike	20 minutes	Week 2	236
Climbing stairs	10 minutes	Week 3	234
Total	40 minutes	Goal weight	228

Food

Date: Monday, January 28

Time	Amount	Food Item	Calories	
8:00 am	1 cup	Oatmeal	160	
	½ cup	Strawberries	25	
	7 oz.	Greek yogurt	150	
	1 cup	Tea with sugar-free sweetener	0	
11:00 am	10	Almonds	70	
12:30 pm	1 piece	Pita bread	190	
	2 pieces	Falafel (baked)	80	
	¼ cup	Hummus	160	
	2 leaves	Romaine lettuce	5	
	5	Cherry tomatoes	15	
	Single-serve bag	Baked chips	120	
	1 cup	Water with lemon	0	
	4:00 pm	2 cups	Popcorn	60
	6:30 pm	1 cup	Shrimp scampi	230
		1 cup	Cooked broccoli with 1 tablespoon of parmesan cheese	100
½ cup		Brown rice	110	
1 cup		Nonfat milk	90	
Total			1,565 calories	

*Weighing yourself more or less often is fine too if you prefer